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Peter Mansbridge, anchor of the CBC's The National, speaks on Sunday to delegates of the Canadian Bar Association's Legal Conference, which runs through Tuesday in Saskatoon. Alongside some stories about interviewing U.S. President Barack Obama and a brief history lesson on his career and his time as a news anchor, Mansbridge offered delegates some insight and examples of how Canadians around the globe exemplify leadership. MORGAN MODJESKI/METRO IN SASKATOON

Justice denied for Canada's poorest: Report

Access in the spotlight at conference. Province plays host to country's legal community as 59-page summary calls for change by 2030

Access to justice in Canada is being described as "abysmal" in a new report from the Canadian Bar Association, which also calls for much more than "quick-fix" solutions.

The summary report, released Sunday at the association's conference in Saskatoon, says there is profoundly unequal access to justice in Canada.

"Inaccessible justice costs us all, but visits its harshest consequences on the poorest people in our communities," says the report.

Report author Melina Buckley says one of the biggest concerns is the growing number of people who represent themselves in civil cases.

Buckley says many people earn just enough money so they don't qualify for legal aid, but they also don't make enough to pay for a lawyer. Those people often find themselves on their own in court, she says.

The problem is especially pronounced in family-law cases.

"They describe that as just being a terrible experience," said Buckley in an interview.

"They find the whole process leading up to it is hugely stressful, has all kind of side-effects in terms of their abilities to continue parenting their kids because they're stressed. Sometimes they lose their jobs or have to go part-time, all kinds of health and other situations. They tend to get alienated from friends and families because they become so obsessed by it.

"And then quite often they don't have the kind of outcomes that we would consider just and fair."

Supreme Court of Canada Chief Justice Beverley McLachlin said access to justice is a growing problem for many Canadians.

People's lives can be ruined if they can't get access to justice, McLachlin said Saturday at the conference.

"We know that there are a lot of needs. People just swallow their pain and their loss and live with it, I guess, in some unsatisfactory way feeling they can't get justice," said McLachlin.

The full report will be released in the fall, but the 59-page summary released Sunday makes several recommendations. THE CANADIAN PRESS

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U of R petition that questions president reaches its goal

Consensus. The petition requests a special meeting of University Council to discuss whether faculty still has confidence in the senior administration

A petition that questions the ability of the University of Regina's president and academic vice-president has received more than the required number of signatures to move to the next step.

The faculty who started the petition said in an email Friday night that they are "pleased, but not surprised" that the petition received more than 50 signatures online and in hard copy.

The petition requests a special meeting of University Council to discuss whether faculty still has confidence in the senior administration, and a special meeting requires a petition signed by at least 50 members of the council.

The faculty also says it will keep the petition open for several weeks while the signatures are compiled and prepared for delivery to the executive director of the University Secretariat.

The faculty claim non-academic positions have increased while teaching jobs have been cut, that education is being hurt and that donor funds are being mismanaged.

Lee Elliot, chairman of the university's board of governors, said in a written statement earlier this week that the board has confidence in the school's administration.

THE CANADIAN PRESS

Faculty concerns

- A document accompanying the petition outlines the concerns of the faculty members.
- It says: "Reduced academic resources in core faculties of the university have diminished the research profile of the university, reduced the number and range of courses we offer, reduced the quality of our programs, and thereby reduced the quality of the education we provide."

The University of Regina campus on Sunday. A petition that questions the ability of the university's president and academic vice-president has received more than the required number of signatures to move to the next step.
MARCO VIGLIOTTI/METRO

RCMP were at two separate fatal scenes on Saskatchewan highways this weekend. METRO FILE

Fatal accidents

Deadly Sunday on Saskatchewan highways

A 40-year-old pedestrian and a male motorcyclist were killed in two separate accidents in southern Saskatchewan on Sunday.

Indian Head RCMP say the pedestrian, a Lloydminster woman, was involved in an accident with a semi-truck on the Trans-Canada Highway near Wolseley.

No further details were released, as police continue to investigate the accident.

The fatal accident temporarily closed the westbound lanes of the Trans-Canada Highway.

Further west, a motorcycle driver was killed in an accident on Highway 2, just north of Buffalo Pound.

Moose Jaw RCMP did not release additional details, as they continue to investigate.

Highway 2 was also closed following the accident, but reopened later in the day.

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One Canadian's hell in Somalia

Taken hostage. Alberta woman starved, beaten and sexually brutalized tells all in a soon-to-be-released book

After about a year of being held hostage and tortured, Amanda Lindhout decided it was time to kill herself.

The Alberta woman, taken hostage in Somalia in August 2008, says she reached her breaking point after spending three days trussed up like an animal, her hands and feet pulled so tightly behind her back that she could barely breathe.

When her captors did untie her, they told her it was only a reprieve. They promised to use the same torture technique on her again each day until they got their ransom money.

Left alone, Lindhout resolved that she was better off dead. She would take a rusty razor to her wrists.

On forgiving

"Forgiving is not an easy thing to do.... Some days I get there and other days I don't."

Former hostage Amanda Lindhout. She has co-authored a new book on her 459 days as a hostage in Somalia.

But as she held the blade in her hand, a small brown bird flew into the doorway of the room where she was being held. It hopped on the dirty floor, looked at her and flew away. It was the first bird she'd seen since shortly after she was taken.

"I'd always believed in signs ... and now, when it most mattered, I'd had one," she writes. "I would live and go home. It didn't matter what came next or what I had to endure. I would make it through."

In an advance edition of a book, set for release next month, the 32-year-old details the brutal 15 months she spent in captivity along with Australian photographer Nigel Brennan. Entitled A House in the Sky, the book is co-authored by Sara Corbett.

It reveals how Lindhout and Brennan's families eventually gave up on the Canadian and Australian governments and co-ordinated the pair's release themselves. The final price for their lives: $1.2 million. About $600,000 went to the kidnappers as ransom. They'd originally asked for $3 million. The remaining money was spent on other costs, including a $2,000-per-day fee for a hostage negotiator.

The two families split the bill. While Brennan's family was more well off, Lindhout's parents came up with their half with the help of donations. Lindhout says the Canadian and Australian governments made an offer of $250,000, which was rejected. Now living in Canmore, Alta., Lindhout says she still thinks about her kidnappers.

She tries not to hate them and understands they are products of a violent environment.

THE CANADIAN PRESS

Amanda Lindhout was held captive in Somalia. CONTRIBUTED/THE CANADIAN PRESS

Prison. Take another look at Khadr security status: Letter

Prison authorities ignored favourable information in unfairly branding former Guantanamo Bay prisoner Omar Khadr as a maximum-security inmate, according to Canada's prison ombudsman.

In a recent letter to a top prison official, the Office of the Correctional Investigator urges another look at Khadr's classification.

"The OCI has not found any evidence that Mr. Khadr's behaviour while incarcerated has been problematic and that he could not be safely managed at a lower security level," the letter states.

Ivan Zinger, of the independent Office of the Correctional Investigator, calls the case "unique and exceptional."

He says Khadr has shown no evidence of problematic behaviour in Canadian custody.

THE CANADIAN PRESS

Canadians' arrest in Egypt has family aching for info

Taken Friday. Reports suggest the pair are OK in jail, but cause for detention still unknown

SCOTT TAYLOR
Metro in London, Ont.

Tarek Loubani CONTRIBUTED

John Greyson THE CANADIAN PRESS FILE

A friend of Ammar Badie, the son of the Muslim Brotherhood's spiritual leader Mohammed Badie, who was killed Friday by Egyptian security forces during clashes in Ramses Square, cries while attending Ammar's burial in Cairo on Sunday. MANU BRABO/THE ASSOCIATED PRESS

It was a weekend of worry for Tarek Loubani's family, concerned for his safety after the London, Ont., emergency-room doctor was arrested by Cairo police.

Loubani and York University Prof. John Greyson were arrested on Friday at about 10 p.m. Cairo time, or about 4 p.m. in London.

Justin Podur, reported to be a mutual friend of the men, has been blogging about the situation and said officials with the consulate had located the men by early Sunday evening.

They are in a prison and are OK, Podur said, but there was no information about why or where they are being held.

Earlier in the day, Loubani's cousin Hanan Loubani said the family was desperate for information.

"We have no idea how to get in contact with him," the Londoner said. "We're concerned, we're afraid, we're waiting for some sort of answer."

Nearly 900 people have been killed in Egypt over the past week as supporters loyal to ousted president Mohammed Morsi battle security forces.

"He went down there to offer aid," Hanan said. "He usually goes to Gaza every three months through the Rafah border in Egypt, but this time it was closed. And Egypt's treatment of Palestinians lately has not been the best."

Loubani, who came to Canada as a refugee from Palestine, was on his way to Gaza as part of an ongoing collaboration between Western University and Al-Shifa Hospital.

Greyson was tagging along as a filmmaker to do some exploratory work.

WITH FILES FROM TORSTAR NEWS SERVICE

Reports differ in death of 36 prisoners

Security forces fired tear gas at a prison truck in Egypt Sunday in an attempt to free a police officer from rioting detainees, killing at least 36 suspects rounded up during street clashes between Islamist supporters of the country's ousted president and police, officials said.

The killed detainees were part of a prison truck convoy of some 600 people heading to Abu Zaabal prison in northern Egypt, officials told The Associated Press. Detainees in one of the trucks rioted Sunday night and managed to capture a police officer inside, the officials said.

Security forces fired tear gas into the truck in hopes of freeing the badly beaten officer, the officials said. They said those killed died from suffocating on the gas.

However, the officials' version of events contradicted state media reports. The official website of Egyptian state television reported that the deaths took place after security forces clashed with militants near the prison and detainees came under fire while trying to escape. The official MENA state news agency also said the trucks came under attack from gunmen.

THE CANADIAN PRESS

Syria

Hunt for chemical weapons called too little, too late

A team of UN weapons inspectors arrived in Damascus on Sunday for a long-delayed mission to investigate the alleged use of chemical arms in Syria's civil war.

President Bashar Assad's regime and the rebels fighting to overthrow him have traded accusations over the purported chemical attacks, each blaming the other.

Diplomats and chemical-weapons experts have raised doubts about whether the inspectors will find anything since the alleged incidents took place months ago.

The mandate is also limited — the team will report on whether chemical weapons were used, and if so which ones, but will not determine who used them.

THE ASSOCIATED PRESS

Korean peninsula

N. Korea may trade tours for reuniting families: Professor

North Korea on Sunday accepted a South Korean offer for talks on reuniting families separated by war, but proposed separate talks on resuming lucrative tours to a scenic North Korean mountain in an apparent effort to link the two discussions.

Pyongyang also proposed holding the reunification talks at Diamond Mountain. South Korea suspended tours there after a South Korean woman was shot dead by a North Korean border guard in 2008.

"The North Korean intention is obvious. It is saying it wants to exchange the resumption of the Diamond Mountain tours with the family reunions," said Lim Eul Chul, a professor at South Korea's Kyungnam University. THE ASSOCIATED PRESS

Saudi Arabia

Director of TV channel fired for Brotherhood ties

Saudi billionaire Prince Alwaleed bin Talal has fired the director of an Islamic TV channel for his role as the leader of the Muslim Brotherhood in Kuwait.

He wrote Sunday on his Twitter account that he sacked Tarek Al-Suwaidan "for admitting he belongs to the Brotherhood terrorist movement."

Al-Suwaidan has sharply criticized Egypt's military-backed government and voiced support for deposed president Mohammed Morsi on Twitter.

Saudi King Abdullah, whose country has pledged $5 billion US in aid to Egypt's interim leaders, supported Cairo's crackdown on the Brotherhood, saying the kingdom stood by Egypt's fight against "terrorism and strife." THE ASSOCIATED PRESS

Ohm: Bikram yogis stay zen as founder hit with five lawsuits

No sweat. While controversy surrounding Bikram Choudhury heats up, devotees stay loyal and focused on their strenuous practice

EMILY JACKSON
Metro in Vancouver

Yogis are bending, stretching and sweating as usual at Vancouver Bikram studios despite a scandal heating up around the practice's founder.

Five civil lawsuits alleging sexual assault and harassment have been filed against Calcutta-born, California-based Bikram Choudhury, creator of the 26-pose practice in rooms heated to 40.6 C.

None of the allegations have been proven in court, and Choudhury's lawyer has denied them, yet the salacious accusations have rattled a community usually known for its peaceful mantras.

Bikram's yoga style has devotees and franchises around the world, including at least 62 in Canada, about a quarter of which are in the B.C. Lower Mainland.

But in the city where Lululemon started and where there seems to be a yoga studio on every corner, the bad press surrounding Choudhury hasn't had an impact on local business, Bikram Yoga Commercial Drive owner Christian Betancor Leon said.

"Whatever Bikram the man does is not going to affect the yoga one iota. The yoga is pure, it's clean," Betancor Leon said.

Betancor Leon, 38, knows from experience. When he first tried Bikram's yoga style at 25, he was recovering from a broken back and couldn't touch his knees. Now he's in "optimal health."

"I opened my school because I believe in this yoga," he said, joined by a handful of students ready to brave 90 minutes of sweat at his bright studio early Sunday morning.

He's received a few Facebook comments questioning the lawsuits, but he hasn't seen a drop in business. He wasn't surprised, though, that some studios contacted for this article didn't respond to interview requests on the topic.

"There are people that are trying to disassociate from Bikram but still want to profit," he said.

And with membership fees of about $100 per month, it can be a lucrative business.

To use Bikram's name, a studio must franchise with the Bikram Yoga College of India. In 2006, Choudhury told the Guardian newspaper he was making millions.

Studio owner Christian Betancor Leon, left, and yoga teacher Jacob Lynch demonstrate poses at Bikram Yoga Commercial Drive in Vancouver. EMILY JACKSON/METRO IN VANCOUVER

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Toronto. Cops mum on report Ford's team tried to get alleged crack video

Toronto police aren't commenting on a report that they are investigating attempts by associates of Mayor Rob Ford to obtain an alleged video purportedly showing him smoking crack cocaine.

The mayor hasn't commented either, but his brother, city councillor Doug Ford, has denounced the Torstar News Service report as "just another attack" by the newspaper.

He also told an AM640 radio talk show Saturday that people are fed up with what he called "this tabloid garbage."

Torstar is reporting that two members of the mayor's entourage were beating the bushes in the days after media reports surfaced that some journalists had viewed the alleged video.

The newspaper quotes a witness as saying an occasional driver and security guard for the mayor, Alexander (Sandro) Lisi, visited a group of known drug dealers and asked about the whereabouts of the people who made the alleged video.

Lisi's lawyer has confirmed his client is involved in a police investigation but would not give specifics. THE CANADIAN PRESS

Alexander (Sandro) Lisi, an occasional driver for Mayor Rob Ford. Lisi is reportedly a target of the investigation into attempts to retrieve an alleged video in which Ford smokes what appears to be crack cocaine. DALE BRAZAO/TORSTAR NEWS SERVICE

Calls for crackdown

Calgarians 'fed up' with prostitution near grade school

Calgary advocates and residents alike say a long-standing prostitution problem in one community has moved too close for comfort to an elementary school.

Art Sheeler has called for a crackdown on sex-trade workers and drug use in the southeast Forest Lawn area of the city for decades. In recent years he said prostitutes have begun frequently standing near Patrick Airlie Elementary School.

Larry Leach, a candidate for Calgary Board of Education trustee in the upcoming October municipal election, said he's been hearing concerns similar to Sheeler's.

Calgary police say they have received complaints of prostitution near the school and have made patrol units in the area aware. So far officers have found no evidence to support the claims. Sgt. Shanon Scott said warmer summertime weather tends to lead to a spike in prostitution and an increase in public complaints. JEREMY NOLAIS/METRO IN CALGARY

Twitter tests out tie-in to trending television shows

Social TV. Some mobile users report seeing new banners that highlight talked-about programs

If you're not sure what to watch on television, don't worry — Twitter wants to help. Some Twitter users saw a new banner stuck at the top of their newsfeeds last week when browsing the site on mobile devices.

The new banners are designed to feature a TV show that's trending on Twitter, meaning that a lot of people are talking about it. The banner includes information about how many people have mentioned it in their tweets, what time the show airs and on which network, and makes it easy for users to figure out how to participate in the conversation or tweet at a show's stars.

It's the latest attempt by the social-media website to make watching TV a social pursuit and convince people to tune into live TV by making them feel as if they're missing out on something.

It's more than just telling people what's on, it's also suggesting what people might like.

Twitter tries out a number of experiments on small numbers of users and wouldn't comment on this specific test. "We're always looking for ways to make watching TV along with Twitter more fun and more engaging," said Twitter spokeswoman Rachael Horwitz.

In a blog post on Friday, Twitter pointed to reality show Duck Dynasty as an example of success in marrying TV watching and tweeting, and creating real ratings from that marriage.

The show's Season 4 premiere was watched by nearly 12 million viewers on Wednesday, making it the "most-watched non-fiction series telecast in cable history."

On Twitter, there were 325,631 tweets about Duck Dynasty on the same day.

Twitter says Duck Dynasty has become "the most social program on TV" and saw a record-breaking number of viewers "because of an intensive A&E Twitter campaign to get fans talking about the show." Games that encouraged users to tweet with a certain hashtag, for example, kept people talking about and thinking about Duck Dynasty until its season premiere aired.

As for its newest experiment, it's not clear how Twitter came up with the titles users saw on the banners and whether they were sponsored or chosen scientifically based on trending topics. Typically, Twitter indicates when a tweet has been sponsored by a company.

Neil Seeman, senior resident at Massey College at the University of Toronto, says there's no clear answer on whether a banner like the one Twitter tested would be successful in catching a person's attention and making them tune in. It depends on the person and whether they like the idea of a social-media website telling them what they may like.

"There needs to be a lot more science and sophistication around what works and whether consumers pay attention or not," said Seeman, who is also CEO of RIWI Corp., a data collection company.

TORSTAR NEWS SERVICE

Twitter user ASG posted a screenshot of a new banner that appeared on his newsfeed this week. It shows users which TV shows people are talking about, when it airs and what channel it airs on. TORSTAR NEWS SERVICE

Watch and tweet

- Twitter has been working on building a relationship between TV watching and tweeting, and argues that there is a connection between how many people tweet about a show and how many people actually tune in.
- A Nielsen study released recently says tweets can influence ratings and vice versa.
- The two companies are also building a Nielsen Twitter TV rating that will use Twitter's data to show how much engagement a TV program has achieved on the social-media site.

Growth forecast

EU recovery is good economic news for Canada

Canada's economy has looked anything but world-beating during the first half of this year, but economists say the restraints that have handcuffed exports and jobs growth are beginning to break.

The biggest confidence booster may have been the news last week that the troubled Eurozone burst out of a prolonged recession earlier than expected, posting a modest but still significant 1.1 per cent annualized expansion in the second quarter. As CIBC chief economist Avery Shenfeld noted in a brief to clients, with Canadian exporters fixated on the U.S. and China, it's easy to ignore the potential good a resurgent Europe could bring. THE CANADIAN PRESS

Export boost

2%

CIBC chief economist Avery Shenfeld calculates that recovering European markets will lift Canadian exports by two per cent, not an insignificant amount.

Municipal bankruptcy

Detroit's creditors face deadline to file objections

Banks, bond insurers, employee pension systems and others standing to lose big if a U.S. federal judge declares Detroit insolvent are expected to file their legal objections to the largest municipal bankruptcy in U.S. history. The Monday deadline for creditors to file such objections marks the beginning of legal challenges for those hoping to recoup all or most of what Detroit owes them. THE ASSOCIATED PRESS

Germany

Merkel dismisses talk of retirement

German Chancellor Angela Merkel on Sunday dismissed suggestions she might step down before completing a third term if her party is victorious in next month's general election, and insisted she wants to continue the centre-right coalition she has led since 2009. THE ASSOCIATED PRESS

Organic claims. Lettuce beg to differ: Small farms prefer alternative label

New York state farmers Justine and Brian Denison say they adhere to all the growing practices required for organic certification, yet if they label their beans and tomatoes "organic" at the farmer's market, they could face federal charges and $20,000 US or more in fines.

Because the Denisons chose not to seek organic certification by the U.S. Department of Agriculture, the Denison Farm, which has been under organic management for more than 20 years, is banned from using that term. So they and hundreds of other small direct-marketing farms across the country have adopted an alternative label: Certified Naturally Grown.

Started by a group of organic farmers in New York's mid-Hudson Valley as a backlash against federal takeover of the organic program in 2002, Certified Naturally Grown has expanded over the past decade to include more than 700 farms in 47 states, executive director Alice Varon said.

A lettuce plant grown in Schaghticoke, N.Y., under the Certified Naturally Grown program. THE ASSOCIATED PRESS

Many small farmers previously certified organic by an independent organization have declined to participate in the federal program. They voice a variety of objections including extensive record-keeping requirements and fees that can amount to six per cent of a small farm's gross sales.

THE ASSOCIATED PRESS

Pipeline PR. Energy East backers attempt to tug at Canadians' heartstrings

To hear some proponents of the Energy East project tell it, when the taps open on the $12-billion oil pipeline the moment will be as significant as when the last spike was driven into the Canadian Pacific Railway almost 128 years ago.

Linking western crude to eastern markets would be a huge undertaking — it's the most expensive project in TransCanada Corp.'s more than 60-year history — but some observers are dubious Energy East will one day be worthy of its own Heritage Minute.

Tugging at Canadians' patriotic heartstrings is a "smart and usable PR strategy" to get the public onside with the project, said Claire Campbell, a historian at Dalhousie University in Halifax. "But I don't think it is going to be written about as the new national dream by historians 100 years from now."

THE CANADIAN PRESS

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URBAN COMPASS

Paul Sullivan
regina@metronews.ca

It's the largest retailer on the planet, the world's third-largest public company with more than 11,000 stores and 2.2 million employees — and it's not unionized.

For the labour-union movement, Walmart is the Holy Grail.

And like the Grail, it has been an elusive target. With a couple of exceptions Walmart has remained union-free, though it pays its employees peanuts, averaging $9 to $12 an hour for its rank-and-file workers.

Peanuts would be better. At least they're a decent source of protein.

The Grail became even more elusive Friday when workers at the Weyburn Walmart, the only unionized store in Canada, voted to decertify, by a vote of 51-5 with 13 abstentions. Actually, they voted on Dec. 22, 2010, but the process has been held up in court. When the Supreme Court of Canada refused to hear the appeal against the decertification vote last week, it paved the way for the vote count Friday, and it should be formalized by the Saskatchewan Labour Relations Board later this week.

Another victory for founder Sam Walton's family, the Arkansas-based clan that still controls the retail giant.

Right now, you're probably asking yourself, why would people who are paid so poorly vote to decertify their union?

Good question. Maybe it has something to do with the fact that after workers at the Jonquiere, Que., Walmart voted to join the United Food and Commercial Workers union in 2004, Walmart closed the store the next year. "You can't have a store that is a struggling store anyway and add a bunch of people and a bunch of work rules," said Walmart CEO H. Lee Scott Jr.

Or that in 2000, butchers in a Walmart store in Jacksonville, Texas, voted to join a union and two weeks later Walmart closed its meat counters and started selling only prepackaged meat, offering the meat cutters other, non-unionized jobs. "Our decision to expand case-ready meat has nothing to do with what went on in Jacksonville," said a Walmart spokesperson.

Faced with that and numerous other hard-nosed Walmart responses to union organizing, if I were an employee of the only unionized store (still standing) in Canada, I'd be a little nervous, too. This job doesn't pay much, but it's a job. And for a lot of people, jobs are hard to come by.

The United Food and Commercial Workers union vows it will continue to fight the good fight, but as long as Walmart's business model continues to be "sell everything for ridiculously cheap prices," it's apparent it won't be increasing paycheques anytime soon. Or tolerating a movement from without or within that threatens the Walmart way.

"We shall overcome" is labour's anthem. In the wake of the Weyburn Walmart decertification vote, it's more like an ironic lament.

ZOOM

Here comes the shock wave

ZAK NOYLE/A-FRAME

Garbage mars surfing photo

This is hardly a surfer's paradise. The startling image shows pro surfer Dede Suryana braving a trash-infested wave in Indonesia. Zak Noyle, a staff photographer for Surfer Magazine based in Honolulu, Hawaii, took the picture at a remote location in south Java, an area usually noted for its crystal-clear waters. **METRO**

Q and A

'A wake-up call for all of us'

ZAK NOYLE
Staff photographer for Surfer Magazine, 28, from Honolulu, Hawaii

What was the wave like?
There were food wrappers, tree branches, even soccer balls. It was like being inside a washing machine of trash.

Did all the debris make the photo difficult to take?
Yes — there were tree trunks the size of a car that we had to push through before Dede could go on and surf.

How did seeing the polluted water make you feel?
Very sad. There was so much trash that the four of us had no chance of cleaning it up ourselves. These waters are normally pristine so I was shocked to see this.

Others may indeed share the same sentiment ...
Absolutely. As a photographer, I want to be able to spark awareness in people's minds. I hope this photo will be a wake-up call for all of us to keep our oceans clean.

Worth mentioning

New Lego robots excite techies in Silicon Valley

A robotic Lego Mindstorms unit gathers cardboard rolls in Stanford, Calif. THE ASSOCIATED PRESS

Few are more excited about Lego's new Mindstorms sets rolling out next month than Silicon Valley engineers.

Many of them were drawn to the tech sector by the flagship kits that came on the market in 1998, introducing computerized movement to the traditional snap-together toy blocks and allowing the young innovators to build their first robots. Now, 15 years later, those robot geeks are entrepreneurs and designers, and the colourful plastic bricks have an outsized influence in their lives.

Techies tinker at Lego play stations in workplaces. Engineers mentor competitive Lego League teams. Designers use them to mock up larger projects ideas. And executives stand Lego creations on their desks alongside family photos.

"Everyone I work with played with them as children. We sit around talking Lego. It's a shared common experience," said Travis Schuh, who reaches into his bin of plastic blocks when he needs a quick prototype at the Silicon Valley medical robotic firm where he works.

The new Mindstorms sets, designed for kids over 10, are simpler for the younger crowd and more versatile for sophisticated users than two earlier versions.

THE ASSOCIATED PRESS

Comments

RE: Tim's Needs Lid Adjustment: Customer Grumbles, published Aug. 15

I noticed too that the drippy seam is a problem, where the seam meets the lid. But the lid still leaks while carrying. They used to fill your own mug, until they started selling their own mugs (by mug I mean those insulated travel mugs). Perhaps the leaky cup is designed to leak.
ijdfc posted to metronews.ca

For the most popular, wealthiest coffee chain in this country, I tend to agree that all flaps and seams aside, you would think after 25 years they would invest in a more professional, travel-friendly lid system.

Where the heck was I.... Subway, I think, had a simple turn-based coffee-cup lid that turns a small second layer to cover the opening and seals with just the tightest seal on the cup.
Facilalilaty posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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The Harry Potter generation

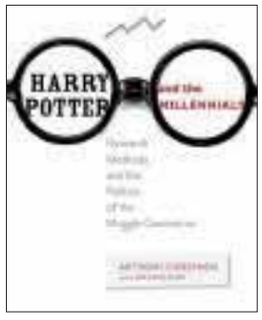
Mindful muggles.
Scholar takes a look at how the famous series shaped Millennials who have adopted some of the positive lessons from the story

BAPTISTE BARBE
Metro World News

Children wait outside Waterstones book shop, Europe's largest bookstore, for the launch of Harry Potter and the Order of the Phoenix on June 20, 2003 in London. GETTY IMAGES

Political science professor Anthony Gierzynski has analyzed the influence of Harry Potter on youngsters in the United States. Here a few thoughts from the author of Harry Potter and the Millennials: Research Methods and the Politics of the Muggle Generation.

You wrote three books about U.S. politics. How did you get the idea of mixing your previous studies with the Harry Potter phenomenon?
I have long had an interest in, and speculated about the role of entertainment media in politics, sparked by movies like Do the Right Thing, Star Wars, Independence Day and movies portraying the U.S. President as an action hero in the 1990s, the portrayal of politicians in movies and TV (which is nearly universally negative), the different Star Trek series, and, more recently Battlestar Gallactica (which is rich with politics), and so on. And, I have had many conversations with my students about the subject and ultimately decided to design a class whose purpose would be to investigate entertainment media effects. The first few semesters of the class we ran experiments, conducted surveys, and collected qualitative data on the effects



of entertainment media such as Star Wars, The Simpsons and South Park, and overall TV viewing habits (some of that research is reported in this book), before doing the Potter research.

I also guess you read the books and watched the movies. Have you been influenced by this kind of phenomenon at your time (Star Wars, etc)?
I am a fan of Harry Potter, but I am a Gen Xer, not a Millennial, so other entertainment media that I was exposed to in my formative years — yes, Star Wars, the Lord of the Rings books, Saturday Night Live, and Star Trek were the main sources of entertainment media influences for my political socialization.

One the main points of your book is that you chose people who grew up with the characters over a long period (10-15 years). Thus, you note that the Millennials read it during their most politically vulnerable and formative years. Your study shows that fans have transposed some lessons\values from the series (equality, tolerance, commitment, loyalty, diversity, anti-violence\anti-torture) into their real life. Can you tell us more about these observations?
The key thing is that, while the Potter series was a story designed to entertain, the nature of the story (and indeed any story) is that the characters learn certain lessons as the plot moves along and exhibit certain characteristics. As we become immersed in the story and identify with characters we tend to internalize those lessons and sometimes adopt those characteristics for our own. So, Harry and his friends evince an aversion to violence, fight for tolerance and equality and oppose oppressive authority and we found fans had similar traits on those very attitudes.

Could Harry Potter keep continuing to have this kind of impact — for example, Star Wars is still popular many decades after the first movie?
Possibly — I still have students who are Potter fans. The next generation, however, may adopt a different entertainment phenomenon.

Will there be another study in the future in order to go further? Do you want to keep working on this subject?
Yes. At the end of the book I have a website address for readers to tell me their stories about Harry Potter or any other entertainment sources and their political effects in order to gather more qualitative data to see whether there is additional support. I am also working on other research projects on entertainment media effects that utilize experimental designs that can establish causal relationships. I will be submitting to a journal this fall a paper I presented at a political science conference that looks at how villains of science fiction, fantasy and superhero genres affect views about criminal justice and terrorism policy.

They're gone, but family and friends live on

Still Star-Crossed.
New young adult book tells the continuing saga of Romeo and Juliet

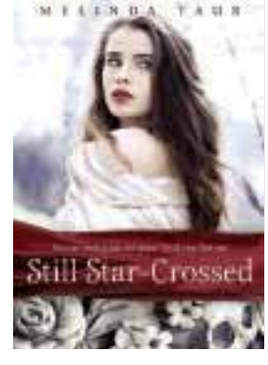
DOROTHY ROBINSON
Metro World News

Author Melinda Taub refers to her young adult book, Still Star-Crossed, as a mash-up of adventure and romance that chronicles "the story of the characters who survive Romeo and Juliet, as they fight to stop the deadly feud from reigniting, and try to follow their hearts without repeating the mistakes that killed their friends," she says. As you can tell, this isn't the Shakespeare you remember from high school. Still Star-Crossed contains "sword fights, masked assassins, betrayal, a ball, cross-dressing, iambic pentameter, kissing and horses."

What is it about the story of Romeo and Juliet that made you think to create a sequel of sorts?
I really love the world of Romeo and Juliet. It's essentially a romantic comedy for the first half — it's full of dancing and kisses and sex jokes, before a series of coincidences and bad choices turn it toward tragedy.

How much research on Shakespeare did you do to write Still Star-Crossed?
I didn't do as much research as you might think. I tried mostly to use words in the dialogue that Shakespeare would use, so I kept a copy of his complete works handy and searched through it every 30 seconds or so. I also read Romeo and Juliet about 15 times.

Were you ever worried that writing it in Shakespearean English might throw readers off?
I worried endlessly about the language. For the first few drafts of the book, the dialogue varied wildly — sometimes incomprehensibly Elizabethan, sometimes sounding straight out of Gossip Girl.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes moves facilities for better psychiatric care: Source

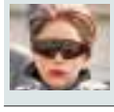
Amanda Bynes has been moved from the psychiatric unit in Ventura County, north of Los Angeles, where she's spent the last two weeks and has been admitted to the UCLA psychiatric facility — and she's expected to stay there for at least two months, according to Radar Online. "Amanda needed specialized medical attention that she wasn't getting," a source explains. "It's expected that Amanda will remain at UCLA for the next two months because she has very complex mental health issues that need to be dealt with. It will also take a significant chunk of time to get Amanda ... on several prescriptions for her condition — and to make sure it's working properly." **METRO WORLD NEWS**

Twitter

@AnnaKendrick47
I suspect the only time Brits actually do the kiss-on-each-cheek thing is with visiting Americans bc they know it will make us feel cultured

@TheRock
Be intense. Be hungry. Be prepared to get kicked outta the gym.

@josswhedon
I do not fear death. I only fear MINE.



@ladygaga
To the critic who speaks before they bang the gong: a fool you are I say! I've not even begun my song!

Dustin Johnson and Paulina Gretzky

Gretzky and golfer Dustin Johnson announce engagement

Paulina Gretzky and golfer Dustin Johnson announced their engagement on Sunday through their popular Twitter accounts. Johnson posted a photo of Gretzky's hand with an engagement ring on her finger with the caption "She said yes!!!" Gretzky, the daughter of hockey legend Wayne Gretzky, retweeted the picture and several congratulatory messages from friends and family.

"Congrats to my sister @PaulinaGretzky and @DJohnsonPGA on the engagement. Love you guys," tweeted Trevor Gretzky, Paulina's younger brother and a prospect in the Chicago Cubs organization. Johnson is a professional golfer on the PGA Tour. **THE CANADIAN PRESS**

Ethan Hawke

Hawke's brain wasn't ready for marriage

Ethan Hawke definitely thinks he was too young to marry Uma Thurman back when he was 27, according to Elle magazine. "There was this discovery that the male brain isn't done until 28. I definitely think my frontal lobe was not finished," he tells the magazine. "I had no business taking vows that would last more than two weeks." In his defence, Hawke says he was looking to use marriage as a way to gain some sense of control over his life. "Success when you're young is really overwhelming. The world felt out of control and I wanted to stop it from spinning so fast," he says.

Water safety

Drowning risk highest on hot days

In books and movies, drownings almost always seem to occur in bad weather. But the perception isn't actually accurate, a new study suggests.

The work, by researchers from the University of Toronto and Sunnybrook Health Sciences Centre, says the risk of drowning outdoors is nearly 70 per cent higher on days when the mercury climbs to 30 C or above.

Lead author Dr. Michael Fralick and his co-authors drew data from records on 1,243 drownings recorded by Ontario's Office of the Chief Coroner. The deaths took place in the province between 1999 and 2009.

Most of the drownings took place during the summer months. And most of the people who drown did so while taking part in recreational activities.

In the vast majority of cases, personal flotation devices were not used. They were either not present (80 per cent of cases) or not worn (11 per cent of cases). Most of the drownings took place in open water. THE CANADIAN PRESS

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

The business of being mom

Opting out. Many women who decided to stay at home with their kids may have actually sharpened their business skills

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Ten years ago the phrase "opting out", became a part of the lexicon, due mostly to a New York Times op-ed piece called The Opt-Out Revolution.

Written by Lisa Belkin, it was about the growing trend of women dropping out of high powered careers in order to stay at home with their families.

Flash-forward a decade, and many of these women are finding themselves in a position, often but not limited to personal finance challenges, to want to opt back in to the work force.

But how can they update their skills and subsequently their resumé after having missed out on arguably the biggest changes in "work" during this fast forward technology driven 10-year period?

Being home with the kids may actually improve some of your business skills. ISTOCK

While being at home with the kids likely won't replace the skills and knowledge gained by working corporately, I would argue that it could actually hone the following handy talents:

Time management
Moms are pros at executing work schedules which will have kids dressed, fed, and on the soccer field on time.

Project management
Having milestones come together to complete a business objective is literally child's play after mastering the art of changing a baby's diaper while disciplining a preschooler and supervising homework.

Crisis management
If dealing with the aftermath of baby's first smoked fish meal, a faulty diaper and an ill-timed mommy and me swimming class don't constitute a "crisis", I don't know what does.

Risk management
Making a decision guaranteed to be unpopular with at least one of your children while minimizing the inherent risk of a total meltdown is a pure mom talent.

Financial management
When one income is eliminated to stay at home with the kids, the expenses associated with raising said children increase at approximately the same ascending rate. From diapers to school trips, "indoor runners," hockey equipment and other assorted sundries, managing the finances and determining a return on investment for your family sharpens mom's budgeting skills daily.

The best news? The steepest learning curve for many has been social media. The explosion of mommy blogs happened around the same time as the opting out began, and this educated, driven, and ambitious demographic is one of the savviest when it comes to using Twitter, Facebook and Pinterest.

Instead of dismissing a Tweet about an explosive bowel movement by "just" a mommy blogger, it's really an insight into containment strategy from a communications expert.

KATHY BUCKWORTH'S LATEST BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE EVERYWHERE FROM RANDOM HOUSE, AND HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION.

The art of bedtime stories

Don't tell lies like the boy who cried wolf and don't worry about being last, because the tortoise and hare proved that slow and steady wins the race.

We all remember these lessons from childhood tales, but how do we make our own stories memorable for children?

That is where Ty Bennett's new book, The Power of Storytelling: The Art of Influential Communication comes in.

Craft a conflict and solution
While telling a bedtime story to his two-year-old, Bennett adopted the "struggle to solution" technique after the response of his child saying, "That's not a story; there's no bad guy."

"There's something about conflict that engages us emotionally," Bennett says. "The struggle is the hook."

So once you successfully hook your listener, you have acquired the power to provide them with a solution that can serve as a story worth remembering.

"If you connect with the problem," Bennett says, "and the person who is hearing the story resonates that, then they're going to want to adopt that (solution) into their life."

Lessons serve kids and adults
According to Bennett, storytelling is also the most influential form of communication.

"Regardless of what you do for a living," says Bennett, "you're going to need to communicate with people, and the more influential you become, the better that communication becomes, the more influence and impact you can have on people's lives."

Teach kids life lessons through stories. ISTOCK

So maybe in your next job interview, you will tell a remarkably memorable story that will make you relatable and stand out. Or maybe you will teach your kids to just say no to the negativity around them through an experience you went through. JULIE KAYZERMAN/METRO WORLD NEWS

Infuse culture into Pulled Chicken with Asian flavours

1. Preheat a grill or a skillet to medium. In a bowl, mix barbecue sauce, miso and five-spice powder until well combined.

2. Prepare vegetables: chop green onion, cut snow peas into strips and thinly slice lettuce or Chinese cabbage.

Ingredients

- 1/4 cup (60 ml) barbecue sauce
- 1 1/2 tsp (7 ml) miso
- 1/4 tsp (1 ml) Chinese five-spice powder
- 1 green onion, chopped
- 1/2 cup (125 ml) snow peas, cut into strips
- 1 cup (250 ml) lettuce or Chinese cabbage, thinly sliced
- 6 boneless, skinless chicken thighs
- 4 to 6 whole wheat or multi-grain hamburger buns
- 4 to 6 slices of Canadian Gouda

This recipe serves four to six people. DAIRY FARMERS OF CANADA

3. Use a large spoonful of sauce to coat the chicken and reserve the remaining sauce. Cook chicken on the grill for 12 to 15 minutes, or in a skillet for 6 to 8 minutes, until thoroughly cooked. Let cool. Meanwhile, add green onion and snow peas to remaining sauce.

4. Shred chicken and add to sauce.

5. Open hamburger buns, place cheese on bottom halves and heat on grill or skillet.

6. Divide mixture among buns and garnish with Gouda and lettuce or Chinese cabbage. **DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)**

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Baskin Robbins incorporates your fave snacks into cool treats but watch out for sugar, fat and calories! (Nutritional info taken from American site as Canadian not available). PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Reese's Peanut Butter Cups Sundae (12 oz/ 340 g)

1,220 calories/80 grams fat/92 grams sugar

Layers of Praline 'n' cream ice cream, Reese's Peanut Butter Sauce and Reese's Peanut Butter Cups equals major calories, fat and sugar.

Equivalent

1 Reese's Peanut Butter Cups Sundae from Baskin Robbins is equal in fat to 10 Dairy Queen small chocolate soft serve ice creams.

Reese's Peanut Butter Cup 31 Below (12 oz/340 g)

640 calories/ 29 grams fat/ 78 grams sugar

Soft serve ice cream cuts back the calories and fat big time!

Lunch. Toasted Parmesan Tomato Bread

1. Heat the oven to broil.

2. In a small, sturdy bowl, combine the garlic, rosemary, olive oil, salt and black pepper, to taste. Mix well, then use the back of a heavy spoon to mash the garlic and rosemary together to form a paste. This also can be done using a mortar and pestle, or a mini food processor. The rosemary won't mash well; this is fine.

Ingredients

- 4 cloves garlic, minced
- 1 large sprig fresh rosemary, finely chopped
- 1/4 cup olive oil
- 1/2 tbsp kosher salt
- Ground black pepper
- 4 large, thick slices sour dough bread
- 4 large tomatoes
- 3 oz Parmesan cheese

3. Spread a quarter of the mixture over one side of each slice of bread.

4. Slice 2 thick slabs out of the centre of each tomato. Reserve the tops and bottoms of the tomatoes for another use. Set 2 slabs over each piece of bread. Shave some of the Parmesan over the tomatoes on each slice. Set the assembled bread on a baking sheet and broil on the oven's middle rack until the cheese is just starting the brown, about 2 to 3 minutes. Serve. **THE ASSOCIATED PRESS**

North Carolina does it better

In North Carolina, barbecue is a noun, and it is defined as pulled pork with a distinctive tangy vinegar sauce. The pork is either "pulled" into pieces or chopped with a meat clever, and dressed with the thin peppery sauce. The succulent pork is spooned onto a plate, or on a classic white hamburger bun — no sesame seeds, ever! — and topped with slaw.

Sauce

1. Mix all ingredients and let sit 10 minutes in the fridge.

Slaw

1. In bowl, mix barbecue sauce and cabbage. Refrigerate at least 2 hours/overnight.

Sandwich

1. Prepare a charcoal or gas grill for low heat, indirect cooking. For a charcoal grill, this means banking the coals to one side. For a gas grill, turn off the heat on one side. Aim to maintain a temperature of 300 F.

2. Do not trim any excess fat off pork; this fat will naturally baste meat and keep it moist during long cooking time. Brush pork with thin coating of olive oil, then season with salt and pepper. Set aside on clean tray until ready to cook.

This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Before placing meat on grill, add soaked wood chips. For charcoal grill, place chips directly on white-grey ash briquettes. For gas grill, use smoking box according to product directions. If using charcoal grill, you will need to add charcoal every hour during cooking to maintain the heat.

4. Place pork in centre of the cooking grate fat-side up. Cook slowly for 5 to 6 hours at 300 F, or until thermometer inserted at middle of pork registers 190 F to 200 F. Meat should be very tender and falling apart. If there is a bone in meat, it should come out smoothly and clean with no meat clinging to it. There is no need to turn meat during cooking time.

5. Let meat rest 20 minutes, or until cool enough to handle. Using 2 forks, pull meat from skin, bones and fat. Set aside any crispy bits of fat that have been completely rendered and look almost burned. Working quickly, use forks to shred chunks of meat by crossing the forks and "pulling" meat into small pieces.

6. While meat is still warm, mix with enough barbecue sauce to moisten and season meat, about 3/4 cup to 1 cup.

7. Serve on white hamburger buns and top with North Carolina coleslaw. Serve additional sauce on the side. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED**

Ingredients

North Carolina Barbecue Sauce

- 2 cups cider vinegar
- 1 tbsp each kosher salt, ground white pepper, red pepper flakes
- 2 tbsp granulated sugar
- 1/4 cup brown sugar
- 1/2 tsp ground black pepper
- 1/2 cup ketchup

North Carolina Slaw

- 1 1/2 cups North Carolina barbecue sauce
- 1/2 medium head green cabbage, chopped

Sandwich

- 7- to 9-lb bone-in pork butt
- Olive oil
- Kosher salt and black pepper
- Hickory wood chips, soaked in water for 30 minutes
- North Carolina Barbecue sauce
- 10 unseeded hamburger buns
- North Carolina coleslaw

Learning in the lap of distraction

I can't compute. Study finds students have tougher time being taught when peers are pounding away at their keyboards

How can these school chums be expected to focus when their friend just posted that photo on Facebook? ISTOCK

Laptops have replaced pen and paper for many post-secondary students, but a Canadian study suggests using computers during lectures could be hurting their grades and lowering their classmates' marks.

For the study, published earlier this year in the journal Computers & Education, research subjects in two experiments were asked to attend a university-level lecture and then complete a multiple-choice quiz based on what they learned.

In the first experiment, which was designed to gauge how multi-tasking affects learning, all the participants used laptops to take notes during a lecture on meteorology.

But half were also asked to complete a series of unrelated tasks on their computers when they felt they could spare some time. Those tasks — which included online searches for information — were meant to mimic what distracted students might do during class.

In the second experiment, some students were given pencils and paper to take notes during a lecture while others worked on laptops. Researchers wanted to observe if the students taking notes the old-fashioned way would be distracted by having computer screens around them.

Faria Sana, who co-authored the study with fellow doctoral student Tina Weston, said she expected lower test marks for students who were asked to multi-task during the experiment, or were seated near other students using laptops. But the distraction effect was stronger than she hypothesized.

"We really tried to make it pretty close to what actually happens in the lectures. We found that lo and behold, the students who multi-tasked performed much worse on the final test and those who were seated around peers who were multi-tasking also performed much worse on the final test," said Sana.

"So you might not be multi-tasking but if you have a clear view of someone else who is multi-tasking, your performance is still going to be impaired."

The students in the first experiment who were asked to multi-task averaged 11 per cent lower on their quiz. The students in the second experiment who were surrounded by laptops scored 17 per cent lower.

"We really didn't think the effects would be this huge," Sana said. "It can change your grade from a B+ to a B-."

Sana also noted that the students who participated in the experiments said they didn't really expect their marks to suffer much from computer use in the classroom.

"At the end we gave a survey to all the students and what we found was that these peers who were seated around multi-taskers had no idea they were being distracted. They didn't think the laptops were causing a distraction but based on the scores of their final test, they actually were," she said.

Seeing dozens of laptops in a classroom is now common, Sana said, as is spying some students on social networks, playing games or watching movies instead of paying attention.

THE CANADIAN PRESS

Screening your studies

We really didn't think the effects would be this huge. It can change your grade from a B+ to a B-.

Faria Sana
Co-author of a study on the impact of laptops in the classroom

Mac attack?

While Sana and Weston are not calling for a ban on laptop use in classes, they do hope students consider that goofing off on their computers can affect their peers sitting around them.

- "A lot of students spend quite a big chunk of time in class doing things that are not related to the academic environment or aren't directly related to the course or the lecture," Sana said.
- "We're hoping that based on these results, students will take responsibility for their actions."

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Thunder storm past Colts in opener

CJFL. First-half offensive blast keeps Regina firmly in control of scrappy Calgary squad

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Regina Thunder rolled out to a strong 42-23 victory over the Calgary Colts Sunday at Mosaic Stadium in both teams' first game of the 2013 Canadian Junior Football League (CJFL) season.

"It's a bit of a relief to finally come out and be able to play a real game that counts for something," Thunder head coach Scott MacAulay said after Sunday's victory.

After darting out to a big lead at half time, the Thunder were on their heels in the early third quarter as the Colts led a strong drive down the field capped off with a short touchdown run.

That drive was extended by a few Thunder penalties, including an objectionable-conduct call against the Regina bench.

MacAulay said the call was the result of a comment from an overly "excited" coach and would be addressed immediately following the game.

He added that the team couldn't afford to take penalties and needs to "play the full 60 minutes."

After the Colts' initial drive of the half, the Thunder retook control of the game with a masterful rush of their own.

The Regina Thunder blew past the Calgary Colts 42-23 Sunday at Mosaic Stadium in both teams' first game of the Canadian Junior Football League season. MARCO VIGLIOTTI/METRO

The drive drained crucial time off the clock and finished with a touchdown that all but extinguished the Colts' comeback bid.

"The players have bought in for the full 60 minutes and we played hard," MacAulay said.

Next up for the Thunder is a matchup against the defending CJFL champion Saskatoon Hilltops Saturday night at Mosaic Stadium.

"(The Hilltops) are the guys that are setting the benchmark for the league," MacAulay said. "We want to play against them because they are going to make us better."

Facing the best

"We want to play against them because they are going to make us better."

Thunder head coach Scott MacAulay on the upcoming game vs. the Hilltops

CFL

Riders survive Alouettes attack

Chris Milo kicked a 36-yard field goal with no time left on the clock as the Saskatchewan Roughriders survived an injury-plagued game to top the Montreal Alouettes 24-21 on Saturday.

Saskatchewan (6-1) had to rally late after Jerald Brown returned a Darian Durant fumble 54 yards to give Montreal (2-5) a 21-14 lead with less than two minutes to play.

But Durant hit Taj Smith with a 60-yard touchdown pass on the next series to tie the game.

The Alouettes were forced into a two-and-out on their next possession and Weston Dressler brought Montreal's punt back 38 yards to put the Riders in scoring position with 28 seconds to play.

THE CANADIAN PRESS

MLB

Lobaton sends Jays home in 10th

Jose Lobaton hit a solo home run in the 10th inning and the Rays beat the Toronto Blue Jays 2-1 on Sunday. He also had a game-ending triple in the ninth Friday.

"It's different," Lobaton said. "Walk-off triple, that was amazing. Walk-off homer, run the bases like that, is unbelievable."

Blue Jays right-hander Todd Redmond, a St. Petersburg, Fla., native, gave up one run and six hits over six-plus innings in his first start at Tampa Bay.

The Rays took two of three from Toronto, which hasn't won a series at Tropicana Field since April 2007.

THE ASSOCIATED PRESS

Bolt completes Jamaica's gold-medal sweep

Usain Bolt is, yet again, perfect.

And with three gold medals in Moscow, the Jamaican great became the most successful athlete in the 30-year history of the world championships.

The 4x100-metre relay gold on Sunday erased the memories of the 100 title he missed out on in South Korea two years ago because of a false start. And, in combination with a similar 100-200-4x100 triple from Shelly-Ann Fraser-Pryce, Bolt was instrumental in giving Jamaica the first ever sweep in those six sprint events.

Bolt was trailing American Justin Gatlin when he got the baton on the anchor leg, but a botched U.S. handover and his superlative speed were enough to see him, and his country, win.

The United States was second in 37.66.

"I wasn't really worried about Justin. I knew if he got the baton in front of me, I could catch him," Bolt said. "So it was just going out there to run as fast as possible."

Bolt had already won the 100 and 200 metres. It was his second such sprint triple at the world championships, matching the two he has won at the Olympics.

With his victory, Bolt moved to the top of the all-time world championships medals table, edging Carl Lewis.

Canada's team of Justyn Warner of Markham, Ont., Dontae Richards-Kwok of Mississauga, Ont., and Toronto natives Aaron Kingsley Brown and Gavin Smellie won bronze in 37.92 seconds after Great Britain was disqualified.

THE ASSOCIATED PRESS

Usain Bolt crosses the finish in the 4x100-metre relay at the world track and field championships on Sunday. PAUL GILHAM/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Something you see or hear today will shock you but if you dig a little deeper you may find it is not nearly as outrageous as you first thought.

♉ Taurus
April 21 - May 21
Whatever you are working on, personally or professionally, you must be free to do it your own way and at your own speed. Anyone who tries to interfere must be told quickly to mind their own business.

♊ Gemini
May 22 - June 21
You have your own way of doing things and you have no intention of changing just to please other people. In fact, if someone tries to tell you what to do today you will no doubt delight in doing the opposite!

♋ Cancer
June 22 - July 23
Do something different as the new week begins, something that makes the world around you sit up and take notice. Cancer is a cardinal sign and therefore born to achieve things.

♌ Leo
July 24 - Aug. 23
If old methods and routines are getting you nowhere by all means try something different. It may be hard, at first, stepping outside your comfort zone.

♍ Virgo
Aug. 24 - Sept. 23
Everything you say will be taken seriously today, even when it should be obvious that your tongue is very firmly in your cheek. With that thought in mind be careful what comes out of your mouth.

♎ Libra
Sept. 24 - Oct. 23
You have the knack of seeing things which other people have managed to miss and if you are smart you can use it to make some serious money over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore deadlines and rules and do things at your own speed and for your own enjoyment. Who is going to complain? You'll be a law unto yourself during the early part of the week.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual your ideas seem to be opposed to what most other people think and, as usual, you are right and they are wrong. That may not, of course, be true but you believe it with such conviction it doesn't matter!

♑ Capricorn
Dec. 22 - Jan. 20
You may feel strongly about a certain issue but that does not mean you can just ignore what other people say if their views and your views do not coincide.

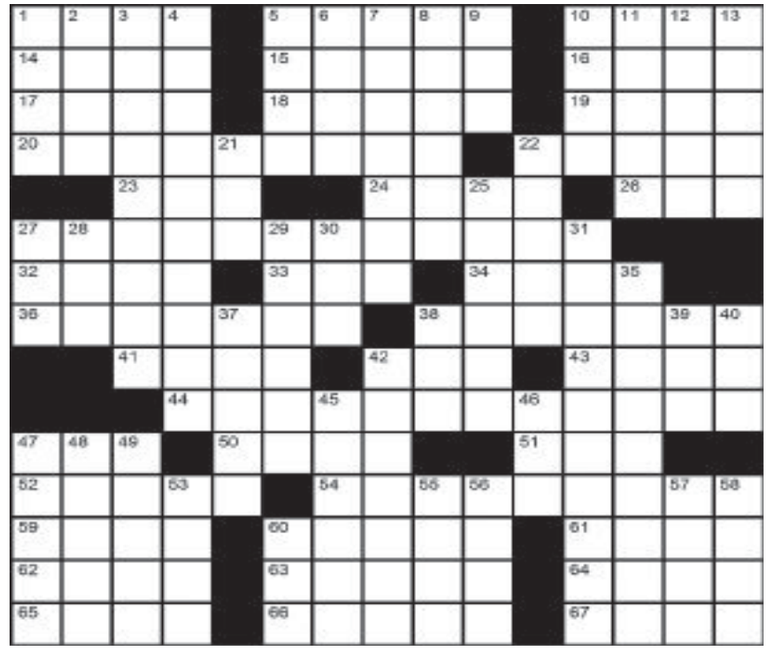
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time on idle gossip as the new week begins as there are far more important issues you should be dealing with. On the work front, especially, sudden changes may lead to new opportunities.

♓ Pisces
Feb. 20 - March 20
Someone close will say or do something completely unexpected today and to begin with you may not know how to react. They may surprise you, they may even annoy you, but you have to admit they caught you out big time. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



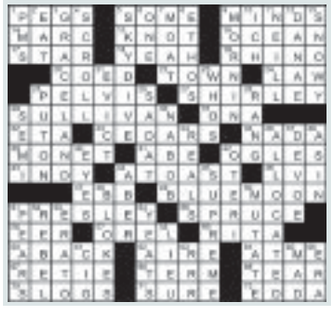
Across

1. Ran, as clothes colours
5. Clean the kitchen floor again
10. Stinging bug
14. 1971 Neil Diamond hit: "_ __... _ Said"
15. Doing quite well at
16. Mom in For Better or For Worse
17. Wisecrack, variantly
18. Puccini opera
19. Wing-shaped
20. How early auditions are sung on "American Idol": 2 wds.
22. Spruce __, Alberta
23. Glamorous getaway
24. Mont Blanc, par exemple
26. Cowboy singer Mr. Ritter
27. Car manufacturing factory feature: 2 wds.
32. Movie genre, Film __
33. Three-toed sloths
34. "America's __ Top Model"
36. Like shoes to match bridesmaid outfits
38. With time __ (In no hurry): 2 wds.
41. Earth's crust's upper layer
42. 'Tutor' suffix
43. Physical activity, for short
44. Bridezilla's aspiration: 2 wds.
47. Golfing norm
50. Engrave
51. Red carpet walker, e.g.
52. Contests of ancient Greece
54. City in BC
59. Joni Mitchell album
60. Dancing garbs
61. Shakespeare villain
62. Establishment's emblem
63. Try something out: 2 wds.
64. Burden
65. __ Sound, ON
66. __-Bismol
67. Tidy

Down

1. "It's not that __ _ deal really."
2. Secular
3. Sites for political asylum seekers sometimes
4. WWII: Military operation of August 19th, 1942: 2 wds.
5. Pace
6. Environmental sci.
7. Loses
8. Available, as a physician: 2 wds.
9. Tiger Woods org.
10. Wash-and-__
11. Dispense
12. Great __ Lake, in NWT
13. Heat-resistant glassware
21. Ms. Anderson, to pals
22. Dance legend Mr. Kelly's
25. Grounded-up-corn mixture
27. Moreover
28. Type of milk or sauce [var. sp.]
29. The National __ of Canada
30. Don't truth-tell
31. Organized journey with a purpose
35. Type of aircraft: 2 wds.
37. Unmasks
38. Spotted, to Tweety Bird
39. Stimpy's cartoon co-star
40. Unit of work
42. Revered architect of ancient Egypt
45. Make a blaming claim
46. Gladiator's 506
47. Art's Mr. Picasso (b.1881 - d.1973)
48. Radiant
49. Red: French
53. City light
55. Give up
56. "Would you like __ __ get you anything?" (Group-to-person query)
57. Water: Spanish
58. The bulk
60. Rapper Mr. Shakur, for short

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	3				7		2	8
4	9			1	3			5
				2		9		
	1				6	5	9	
		6	5		8	2		
	2	9	1				8	
		4		8				
2			6	4			5	3
9	6		7				4	2

Friday's Sudoku

8	5	3	7	4	1	9	6	2
9	7	4	2	5	6	1	8	3
2	1	6	3	8	9	4	5	7
3	9	1	5	2	7	6	4	8
7	6	2	4	9	8	5	3	1
5	4	8	1	6	3	7	2	9
1	8	7	6	3	4	2	9	5
4	2	9	8	7	5	3	1	6
6	3	5	9	1	2	8	7	4

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incredible... but true.

KIDS! GRANDMA! GET IN HERE!
What's up?
Clean ...
drinking water!
NO WAY!
You know what else? There's a park ...
with a slide ... and a swing.
Almost like... SOMEONE PUT IT THERE!
Check this out. Last night ...
I put out our garbage.
This morning ... GONE!
WHOA!
You guys do know that ...
those are all public services, right?
Uhh ... I knew that.

Public services make lives better every day.

CUPE Saskatchewan
Your Community Union